

# Chicken and Broccoli Stir Fry - NSLP

## General Information

Recipe #	Category	Source
1974207	Lunch Entree 	Local

## Ingredients

Name	Quantity	Quantity + 2
Peppers, sweet, red, raw	5 lbs.	
Carrots, raw	4 lbs., 8 oz.	
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	7 lbs., 8 oz.	
Broccoli, raw	3 lbs.	
Vegetable oil, palm kernel	1/4 c.	
Garlic, raw	2 tbsp.	
 Asian Sauce - CACFP	12 oz.	
Vegetable oil, palm kernel	5/8 tsp.	
Garlic, raw	1 1/8 tsp.	
Ginger root, raw	1 tbsp., 1/8 tsp.	
Spices, pepper, red or cayenne	1/2 tsp.	
Sauce, hoisin, ready-to-serve	1 tbsp.	
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	1 c., 3 tbsp., 1/8 tsp.	
Honey	1 1/8 tsp.	
Lime juice, raw	2 tbsp., 1 1/4 tsp.	
Vinegar, distilled	2 tbsp., 1 1/4 tsp.	
Cornstarch	1 tbsp.	
Beverages, water, tap, drinking	1/4 c., 1 tbsp., 1/8 tsp.	

## Preparation Instructions

### HACCP Process: #3 - Complex Food Preparation

1. In a large pan, heat oil on medium heat. Saute carrots for 2-3 minutes. Add peppers and saute a few minutes more.
2. Add Asian Sauce recipe (12oz) and mix in.
3. Add chicken to skillet and warm throughout.
4. Add broccoli and garlic and saute until tender. Hold for hot service.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as



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Serving Size	Yield
1 Cup	50.00

## Nutrition Facts

### Serving Size 1 Cup (193 gm)

#### Amount Per Serving

Calories	153.187
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#### % Daily Value\*

Total Fat 4.752 gm	7.311%
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Saturated Fat 1.816 gm	9.081%
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Trans Fat 0.000* gm
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Cholesterol 40.509 mg	13.503%
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Sodium 303.749 mg	12.656%
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Total Carbohydrate 10.823 gm	3.608%
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Dietary Fiber 2.851 gm	11.403%
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Total Sugars 4.941 gm
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#### Includes 0.209 \* gm of Added Sugars

Protein 17.505 gm	35.01%
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Vitamin A 420.900* mcg RAE	46.767%
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Vitamin C 84.987* mg	141.645%
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Vitamin D 0.000 mcg
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Calcium 39.326 mg	3.933%
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Iron 1.366 mg	7.591%
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Potassium 883.666 mg	18.801%
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Saturated Fat % of Calories	10.670 %
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Added Sugar % of Calories	0.545 %
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\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

## Meal Components

Component	Measurement
Meat/Meat Alternates	2 oz

well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Place product in a single layer on a clean pan.

Preheat oven.

Place in oven and bake.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

**CORRECTIVE ACTION HOT FOOD:** All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

## Dates

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**Last Updated**

12-17-2025

**Created**

09-15-2025

Dark Green 0.25 cups

Red/Orange 0.5 cups

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## Added Sugar Limitations

Not applicable.

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## Vendors

Tyson Foods, Inc. 

 Edit Recipe